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MONTHLY

INDUSTRIAL NUTRITION SERVICE

Reserve

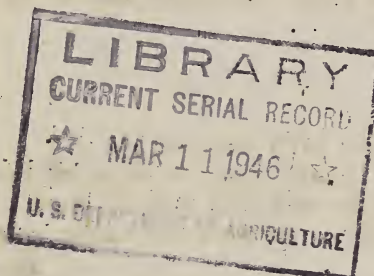


For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE

~~Commercial, Credit, and Transportation~~

~~Office of Supply~~



Production and Marketing Administration

Dallas Texas

December 1945

FOODS OF THE MONTH

Poultry is plentiful this month. Civilians who got scarcely a whiff of the traditional Christmas turkey last year will find turkeys in the markets throughout the month. Roasting chickens are plentiful too. And so are cabbage, carrots and white potatoes.

GOOD NEWS FOR WORKERS

Many industrial plants will take advantage of the plentiful supply of tom turkeys. Turkey plates and hot turkey sandwiches will be served in plant cafeterias.

Remember that turkey and chicken are good buys in food value as well as in satisfaction. Protein, iron and the B vitamins are found in poultry and more niacin than in most other meats.

TURKEY TALK

Get a large tom turkey if the family is gathering together Christmas. There'll be plenty of delicious hot turkey for the big dinner and enough cold turkey for another meal.

If your family is small, you may be able to purchase a half-turkey, available in some cities. It should be roasted just like a whole bird.

If stuffed turkey or roast chicken is the order of the day, the following suggestions for preparation and roasting may be helpful:

SELECTION

1. Select a young, well-fatted bird for roasting.
2. Allow for each person to be served:
 - 3/4 to 1 pound (dressed weight) of turkey
 - 1 pound (dressed weight) of chicken

PREPARATION

1. Clean the bird well. Pull out the pinfeathers and singe the bird to remove the hairs.
2. Rinse the bird thoroughly inside and out. The skin may be rubbed with a little corn meal to cleanse it.

STUFFING AND TRUSSING

1. Before stuffing, rub the inside of the bird with salt.
2. Fill the body cavity with stuffing. Allow about 4 cups of bread crumbs for a 5-pound roasting chicken (dressed weight) and 12 cups (3 quarts) for a 14-pound turkey (dressed weight). Be sure to allow room for the stuffing to expand during roasting.
3. Tie the legs and wings close to the bird and fold the neck skin toward the back and fasten.
4. Rub the outside of the bird with fat.

ROASTING

1. Place the bird breast down in a shallow uncovered pan with a rack. Turn the bird from one side of the breast to the other as it roasts, to insure even cooking.
2. Roast the bird at a constant temperature of about 300° F. until the flesh is tender.
3. Allow about 30 minutes of roasting time per pound for chickens weighing 4 to 5 pounds.
4. Allow about 20 minutes of roasting time for medium weight turkeys and 15 to 18 minutes per pound for heavy turkeys.

HEALTH NOTES

If you were a regular blood donor during the war, you should be careful to keep the supply of material for red blood cells ahead of your body's demand. To do this you should get a good supply of iron and protein in your food.

Meats, eggs and leafy green vegetables are excellent sources of iron. Potatoes and beets contain considerable amounts. Whole-grain cereal and enriched bread will also add iron to your diet. Eat a good healthful breakfast, an egg a day and a protein-rich dish for lunch and dinner every day.

NOTE TO HOUSE ORGAN EDITORS

All or any part of these issues may be included in your plant publication.

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